



## The Needed Warmth

How have you survived our recent bone-chilling temperatures? I'd like to help you feel a bit better about our -12 degrees.

The coldest inhabited place on Earth is a small village in the Siberian tundra called Oymyakon, with a record low temperature of -96 degrees Fahrenheit in 1924. The average winter temperatures hang around -58 degrees and only about 500 people brave the cold to call this small town home.

Photographer Amos Chapple, of New Zealand, took a two day trip to the Russian village and quickly learned just how painful the plunging temperatures can be. "I was wearing thin trousers when I first stepped outside into -52 degrees." (<https://weather.com/travel/news/breathtaking-photos-coldest-city-world-20140128>).

Interesting ways of life began to emerge from Chapple's time in Oymyakon, which ironically means "unfrozen water", according to Weather.com. He noted that residents live off a diet of primarily meat due to the fact that produce are unable to survive in the freezing temperatures.

Because the ground is always frozen, there is little indoor plumbing and most bathrooms are outhouses. Cell phones and car engines are constantly in peril of freezing over.

Yet the residents of this frigid place find a purpose, companionship, and community that make living there worthwhile. Thinking about Oymyakon makes me extremely thankful for Bluffton. Debbie and I are grateful for the friendliness of our community and surrounding area. We especially appreciate our close-knit church family.

Looking forward to seeing you soon!  
Les

## Upcoming Events

### Sunday, Jan 7

- 9:00 a.m. – Sunday School
- 10:05 a.m. – Kids' Time
- 10:15 a.m. – Worship Service
- 11:15 p.m. – Unhanging of Greens

### Teachers This Sunday

#### Nursery

Evalyn Fate / Alexis Collins

#### Kids' Time

Ruth Ann Monroe / Chris McFarren

#### LOL

Remain in Service

## Attendance

Christmas Eve - 146

### Dec. 31, 2017

- Worship Service - 76
- Sunday School - 27

## Stewardship Report

### Giving Toward:

Current Expense	\$2888.00
Missions	\$60.00
Building/ Maint. Fund	\$160.00
Grace&Mercy Housing	\$100.00
<b>Total:</b>	<b>\$3208.00</b>



## Use for Old Cards



There will be a red basket in The Gathering Place this Sunday for used Christmas cards. We may use them next year in our decorating. We will just be using the fronts, so you can cut off the backs and just bring the fronts, or donate the whole card and we will do the cutting.

## This Sunday

We will stay right after the worship service to take down and put away the church decorations. With lots of help, it won't take long.

## Thank You

I would like to thank the youth and the leaders for signing lots of Christmas Cards, which were delivered to the residents of all of our local care homes. We were able to make sure every resident got a card this year. Helen Steffen

## Prayer Request

Larry Gilly – healing from recent health concerns



## Judson University Choir

On Thursday, January 25, the Judson University Choir will arrive at FBC. We will feed them supper in the fellowship hall around 5:30 p.m. and at 7:00 p.m. they will lead us in a concert of worship. Afterwards, the students and staff will go home with some of you to spend the night and have breakfast. On Friday morning, they will gather back at the church where we will have our coffee bar going. Then, they will load up and head to their next concert site. There will be host sheet sign ups in the bulletin this Sunday and sign-up sheets to help with food on the bulletin board.

## What's Happening in Our Country?

Suddenly and quite unexpectedly our society is concerned about people living with decency and integrity. This renewed insistence on honorable behavior is, from my vantage point, a clear move of God in the United States. My messages for the next two Sunday mornings will examine King David's state of the union address. David's focus was on the moral status of his nation. The LORD is moving in our country. It is extremely rare to see a resurgence of ethical standards in a secular society. Don't miss these exciting messages.

Sunday, January 7	"Expressions of Personal Integrity"	Psalm 101:1-4
Sunday, January 14	"Expressions of Public Integrity"	Psalm 101:5-8

# Making a New Habit

“Character is the ability to carry out a good resolution long after the excitement of the moment has passed.” Cavette Robert

If you’ve ever made a New Year’s resolution to attend church consistently, hit the gym more regularly, ditch the carbs or stick to a budget, you know how hard old habits are to break. We start off with the best of intentions, but as the days and weeks tick by, our willpower wanes and our discipline dwindles until, inevitably, we default back to well-worn patterns. In order to adopt a new habit, you have to unlearn an old one and replace it with a new behavior.

So how do you do that? [Forbes Magazine](#) highlighted three helpful insights to help make new habits stick (*3 Ways to Make New Habits Stick*, Aug. 22, 2017).

## **Have a Plan**

Just saying you want to break a habit doesn’t make it so, and diving in without a plan to reach your goals won’t cut it either. Why? Because the second you find yourself in a stressful situation, human nature pushes you back to your old ways. Having a plan for how to react is the key to breaking old habits. When a person knows what positive behavior to reinforce (instead of simply knowing what behavior they’re trying to get rid of) they’re more likely to see a positive outcome.

## **Be Consistent**

In his best-selling book, *Outliers: The Story of Success*, author Malcolm Gladwell describes the 10,000-hour rule, the notion that it takes 10,000 hours of practice (and a decent amount of talent) for most people to get good at anything. “Ten thousand hours is the magic number of greatness,” Gladwell writes. Let’s be honest with each other. Practice is not always fun. In fact, it can be downright painful. Character can help us push beyond the boredom and pain, as we keep practicing our new habit.

## **Practice Patience**

For some folks, practicing patience may be a new habit. Under stress, it’s not uncommon for people to revert back to their old ways. That is, until they get to the point where the new behavior is so comfortable it seems natural.

Patience is a virtue. Give yourself plenty of grace. Ask for God’s supernatural help. No, the LORD will never practice for you. But always remember that our God is in the transformation business. You are not alone. We’re all in this together.

Make it a great year!

Les





## **Homebound Members**

### **Christian Care**

Mildred Huss – Room 219B

### **River Terrace**

Phebe Edington – Room 134  
LaVera Krummen – Room 116

### **Markle Health and Rehabilitation**

Barbara French – Room 216

As we co-labor with other churches  
in our community,  
this week we pray for:  
First Presbyterian Church  
Pastor Carol Pierson

**First Baptist Church**  
260-824-1558  
[firstbaptist@adamswells.com](mailto:firstbaptist@adamswells.com)  
[fbcbluffton.com](http://fbcbluffton.com)  
 First Baptist Church - Bluffton, Indiana

Pastor: Les Cantrell  
Cell phone: 260-273-9073  
Music Director: Sarah Landell  
Secretary: Debbie Cantrell

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10:05 a.m. – Kids' Time  
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